

**National Interagency Coordination Center
Incident Management Situation Report
Friday, November 27, 2015 – 0800 MT
National Preparedness Level 1**

National Fire Activity (Nov. 20 – Nov. 26)

Initial attack activity: Light (109 new fires)
 New large incidents: 7
 Large fires contained: 8
 Uncontained large fires:** 0
 Area Command Teams Committed: 0
 NIMOs committed: 0
 Type 1 IMTs committed: 0
 Type 2 IMTs committed: 0

**Uncontained large fires include only fires being managed under a full suppression strategy.

[Link](#) to Geographic Area daily reports.

Southern Area (PL 1)

New fires: 49
 New large incidents: 6
 Uncontained large fires: 0

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
* Roses Ck. #2	KY-KYS	683	---	100	Ctn	---	13	---	1	2	0	0	4K	ST
Mud Pond	VA-VAF	644	0	100	Ctn	---	1	-8	0	0	0	0	26K	FS
* First Creek	KY-KYS	400	---	100	Ctn	---	25	---	2	0	0	0	6K	ST
* Kay Jay	KY-KYS	380	---	100	Ctn	---	11	---	1	2	0	0	3K	ST
* Campground	OK-NEU	150	---	100	Ctn	---	10	---	0	6	0	0	3K	ST
* Bar	KY-DBF	111	---	100	Ctn	---	2	---	0	1	0	0	11K	FS
* Beaver Gap	KY-KYS	100	---	100	Ctn	---	8	---	1	0	0	0	2K	ST

KYS – Kentucky DOF VAF – George Washington & Jefferson NF NEU – Northeast Unit, Oklahoma DOF
 DBF – Daniel Boone NF

Southwest Area (PL 1)

New fires: 2
 New large incidents: 1
 Uncontained large fires: 0

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
* Highway	AZ-CRA	323	---	100	Ctn	---	13	---	0	2	0	0	95K	BIA

CRA – Colorado River Agency, BIA

Active Incident Resource Summary						
GACC	Fires	Cumulative Acres	Crews	Engines	Helicopters	Total Personnel
AKCC	0	0	0	0	0	0
NWCC	0	0	0	0	0	0
ONCC	0	0	0	0	0	0
OSCC	0	0	0	0	0	0
NRCC	0	0	0	0	0	0
GBCC	0	0	0	0	0	0
SWCC	1	323	0	2	0	13
RMCC	0	0	0	0	0	0
EACC	0	0	0	0	0	0
SACC	13	2,711	0	16	0	78
Total	14	3,034	0	18	0	91

Fires and Acres Last Week (by Protection):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Northwest Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Northern California Area	FIRES	0	0	0	0	12	0	12
	ACRES	0	0	0	0	1	0	1
Southern California Area	FIRES	0	0	0	0	30	7	37
	ACRES	0	0	0	0	207	1	208
Northern Rockies Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Great Basin Area	FIRES	0	0	0	0	0	1	1
	ACRES	0	0	0	0	0	0	0
Southwest Area	FIRES	1	1	0	0	0	0	2
	ACRES	205	0	0	0	0	0	205
Rocky Mountain Area	FIRES	0	0	0	0	3	1	4
	ACRES	0	0	0	0	1,550	0	1,550
Eastern Area	FIRES	0	0	0	0	3	1	4
	ACRES	0	0	0	0	3	1	4
Southern Area	FIRES	5	0	0	0	40	4	49
	ACRES	113	0	0	0	365	55	533
TOTAL FIRES:		6	1	0	0	88	14	109
TOTAL ACRES:		318	0	0	0	2,126	57	2,501

Fires and Acres Year-to-Date (by Protection):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	263	0	0	474	23	760
	ACRES	0	4,034,077	0	0	1,076,069	796	5,110,942
Northwest Area	FIRES	230	308	43	74	2,138	1,499	4,292
	ACRES	408,706	260,276	25,644	26,138	447,692	603,159	1,771,615
Northern California Area	FIRES	152	32	6	30	3,281	1,026	4,527
	ACRES	253	10,786	355	2	294,755	249,156	555,307
Southern California Area	FIRES	25	66	13	96	3,192	604	3,996
	ACRES	107	2,098	13	9,830	26,721	245,525	284,294
Northern Rockies Area	FIRES	991	91	10	28	1,406	1,198	3,724
	ACRES	26,705	13,839	1,065	26,325	197,963	459,485	725,382
Great Basin Area	FIRES	44	773	7	45	660	561	2,090
	ACRES	699	343,781	6	86	19,238	142,278	506,088
Southwest Area	FIRES	462	204	7	35	545	896	2,149
	ACRES	57,639	4,874	63	3,799	17,783	119,358	203,516
Rocky Mountain Area	FIRES	646	340	17	22	1,196	268	2,489
	ACRES	21,676	6,980	306	7,408	138,175	2,404	176,949
Eastern Area	FIRES	633	0	33	43	6,743	425	7,877
	ACRES	2,289	0	2,383	855	49,011	6,713	61,251
Southern Area	FIRES	391	0	38	18	23,143	401	23,991
	ACRES	41,631	0	3,077	260	349,644	22,525	417,137
TOTAL FIRES:		3,574	2,077	174	391	42,778	6,901	55,895
TOTAL ACRES:		559,705	4,676,711	32,912	74,703	2,617,051	1,851,399	9,812,481

Ten Year Average Fires (2005 – 2014 as of today)	66,786
Ten Year Average Acres (2005 – 2014 as of today)	6,636,897

Prescribed Fires and Acres Last Week (by Ownership):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Northwest Area	FIRES	0	8	0	0	0	17	25
	ACRES	0	998	0	0	0	1,292	2,290
Northern California Area	FIRES	0	0	0	1	0	6	7
	ACRES	0	90	12	8	0	546	656
Southern California Area	FIRES	0	0	0	0	0	3	3
	ACRES	0	0	0	0	0	1,662	1,662
Northern Rockies Area	FIRES	0	1	0	0	4	10	15
	ACRES	0	30	0	0	638	240	908
Great Basin Area	FIRES	0	0	0	5	1	4	10
	ACRES	0	0	0	14	405	225	644
Southwest Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	50	50
Rocky Mountain Area	FIRES	0	0	0	0	0	7	7
	ACRES	0	0	0	0	0	176	176
Eastern Area	FIRES	0	0	0	0	0	6	6
	ACRES	0	0	0	0	0	210	210
Southern Area	FIRES	0	0	3	0	68	4	75
	ACRES	0	0	239	0	1,071	270	1,580
TOTAL FIRES:		0	9	3	6	73	57	148
TOTAL ACRES:		0	1,118	251	22	2,114	4,671	8,176

Prescribed Fires and Acres Year-to-Date (by Ownership):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	5	0	0	2	0	7
	ACRES	0	3,965	0	0	988	0	4,953
Northwest Area	FIRES	12	105	4	6	5	405	537
	ACRES	3,342	25,740	151	224	968	46,762	77,187
Northern California Area	FIRES	0	0	16	17	1	257	291
	ACRES	0	724	5,339	914	30	22,576	29,583
Southern California Area	FIRES	0	4	13	5	0	183	205
	ACRES	0	79	3,104	274	0	6,736	10,193
Northern Rockies Area	FIRES	11	35	36	13	109	234	438
	ACRES	2,453	11,380	13,596	1,620	4,926	23,045	57,020
Great Basin Area	FIRES	5	39	2	19	45	127	237
	ACRES	115	3,036	1,582	1,212	4,230	27,158	37,333
Southwest Area	FIRES	20	29	9	11	0	193	262
	ACRES	6,876	18,888	2,469	5,028	0	87,324	120,585
Rocky Mountain Area	FIRES	40	49	69	14	80	126	378
	ACRES	2,984	11,566	18,367	1,207	6,273	28,154	68,551
Eastern Area	FIRES	30	0	296	59	1,391	253	2,029
	ACRES	39,398	0	38,810	8,267	63,379	49,668	199,522
Southern Area	FIRES	88	0	169	12	9,433	744	10,446
	ACRES	16,583	0	121,307	14,511	529,482	646,036	1,327,919
TOTAL FIRES:		206	266	614	156	11,066	2,522	14,830
TOTAL ACRES:		71,751	75,378	204,725	33,257	610,276	937,459	1,932,846

*** Changes in some agency YTD acres reflect more accurate mapping or reporting adjustments. ***

Additional wildfire information is available through the Geographic Areas at <http://gacc.nifc.gov/>

Predictive Services Discussion: The remnants of Hurricane Sandra will deliver a strong fetch of tropical moisture to the southeast quarter of the Nation beginning this weekend and again late next week. This moisture will tap into cold air along a slow-moving cold front to produce rain and snow from the southern Plains through the Tennessee and Ohio Valleys before finally moving through the Appalachian Mountains. In the West a closed low pressure system will absorb several upper level disturbances including the Pacific Northwest, Great Basin and the Rocky Mountains. This will continue an active weather pattern with periodic storms throughout the week. The Desert Southwest will generally remain dry with temperatures near normal.

<http://www.predictiveservices.nifc.gov/outlooks/outlooks.htm>



Nutrition: What we are eating and why

Firefighter Health & First Aid

Nutrition is a critical part of the health and safety of wildland fire suppression personnel. This is the fuel for the body to perform the work and maintain cognitive abilities. Wildland firefighters on the fireline need 4,000-6,000 calories a day to not go into an energy deficit. Consider the following key points when choosing your meal:

- There are 3 major energy sources in food: carbohydrates, protein, and fats.
- Carbohydrates (also called sugar) offer an immediate source of energy for your body. They provide the fuel for your muscles and organs, such as your brain.
- Proteins are the basic building blocks of the human body. They are made up of amino acids that help build muscles, blood, skin, hair, nails and internal organs.
- Fat is an essential nutrient that provides energy, energy storage, insulation, and contour to the body.
- MTDC recommends eating 150-200 kcals every 2 hours during the work shift to maintain blood glucose and energy levels.

Carbohydrates:

- Studies on athletes have shown that carbohydrates are the most critical energy source for performance and health.
- Carbohydrates are your body's first choice for fuel. If given a choice of several types of foods simultaneously, your body will use the energy from carbohydrates first.
- If you do not eat enough carbohydrates, the following can occur:
 - Fatigue
 - Muscle cramps
 - Poor mental function
- The fire camp lunches (called shift food) are designed to allow firefighters small amounts of food (primarily carbohydrates) that can be easily eaten throughout the work shift.

Discussion Points

How are you eating your fire lunch? Is it all at once or small amounts throughout the day? Think of long duration events (Ultra Runs, triathlons), do you see athletes stopping for a big meal or eating small amounts constantly throughout the race?

Additional Resources:

[Eating for Health and Performance web presentation](#), [MTDC Tech Tip on Nutrition \(2007\)](#), [NWCG Fitness and Work Capacity Ch 10](#), and Book "Sport Nutrition, 2 Ed"; by Asker Jeukendrup and Michael Gleeson

This topic was submitted by Joe Domitrovich, PhD, Exercise Physiologist, Missoula Technology and Development Center

Have an idea? Have feedback? Share it.